



COVID 19 GUIDE FOR FARMERS

A. Adequately prepare before undertaking field activities

1. Wear appropriate field attire including ;

- A pair of trousers 
- Long sleeved shirt 
- A pair of socks 
- Wellington boots 
- Hat (Optional) 
- Goggles (required during application of farm chemicals) 



2. Wear recommended nose mask



3. Wear appropriate gloves



(rubber gloves are required during application of farm chemicals)

4. Carry your own water bottle and drinking cup



5. Wash your hands thoroughly with soap and water before harvesting your fruits and vegetables and packaging of produce.

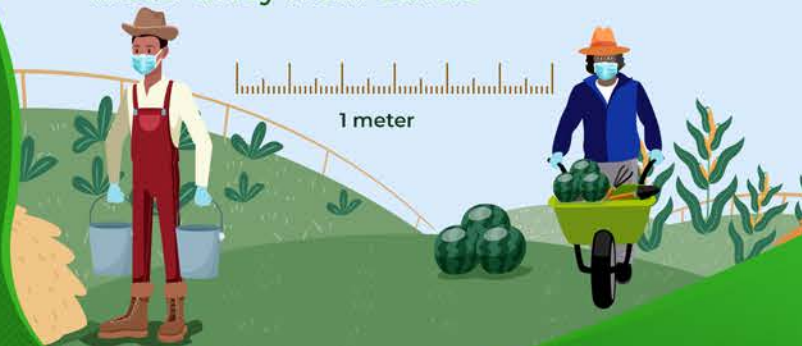


B. Observe social distancing during field activities

1. Do not shake hands with anyone



2. Keep a distance of at least one (1) meter away from others



3. Keep your mask on while working close to others



4. Group eating is not advisable during this period.



5. Do not drink water or anything from the same cup with others

